



## Managing a Chronic Condition is not easy *“everyone needs support”*



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do.

Participating in a **Living a Healthy Life with Chronic Conditions** workshop put me back in charge.

Now I have the energy to do the things that matter.

I've put life back in my life.

Join us for the next workshop &  
***Put Life Back Into Your Life!***



DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

For more information or to Register - **CALL (800) XXX-XXXX**